



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

Fleet's in!

The mackerel seiners of Gloucester and New Bedford, that is; and the fish are moving now along the coast pursued by fishers of this seasonally variant species.

Of great commercial importance in New England since Colonial days, the supply of mackerel has not always been uniformly plentiful. Its runs are concerned with subsea food shortages and "dominant year classes" which don't always come up in time for graduation, according to fishery biologists of the Fish and Wildlife Service, United States Department of the Interior. Thus there have been years, or periods of years, when its importance among the commercial fishes of New England dropped significantly.

Streamlined, swift, trim and predaceous, averaging about 15 inches in length and around two pounds in weight, common mackerel occur on this side of the Atlantic from Labrador southward to mid-coastal North Carolina. The schools first appear somewhere off Cape Hatteras (N.C.) in early spring, and gradually migrate northward, apparently guided by fluctuations in water temperature and food supplies of smaller sea fry.

They are caught commercially only from about April to November, with the largest hauls generally in midsummer. They swim on the surface of the waters just

off-shore and are caught on dark nights. Great schools are clearly visible by their reddish phosphorescent glow, as they feed or play and whip the water. In the autumn the fish withdraw, disappearing off Newfoundland--and where they spend the winter, nobody knows!

After spawning their flesh becomes fat and juicy; then they are most suitable for market. Marketed (fresh and frozen) as whole and eviscerated fish, or as fillets, mackerel come also as salted fillets, or split fish, smoked and canned--as large, medium, "tinkers", "blinks", and "Bull's-eyes"!

For a choice, delicate dark-meated fish then, just now "in the swim", consider the common mackerel--via your table--according to these recipes:

#### Baked Mackerel--Top Dressing

Split mackerel for broiling. Lay on oiled baking pan, flesh side up. Make dressing with 2-1/2 cups soft bread crumbs. Cook 1 minced onion and 1/2 a minced pepper in 2 tbsps. butter or oil until soft but not brown. Add to crumbs. Add 1 tsp. minced parsley. Drain a No. 2 can Italian style tomatoes. Moisten crumbs with tomato juice. Season with salt and pepper. Mix well. Pile on fish. Cover top of dressing with whole drained tomatoes. Scatter rest of green pepper over top. Season with salt and pepper, cover with tbsp. oil. Bake in moderate oven 45 minutes. (160 Easy-to-Prepare Seafood Recipes)

#### Mackerel with Mint

Broil whole split mackerel or fillets. Melt 2 tbsps. butter, add salt and 1 tsp. finely chopped mint. Pour over broiled fish. Leave in oven 1 minute with door open. Serve at once. (160 Easy-to-Prepare Seafood Recipes)

#### Broiled Mackerel--Maitre d'Hotel

Split mackerel for broiling or use fillets. Brush with oil. Broil on flesh side, turn and brush with oil; brown. Spread this sauce on fish; cream 2 tbsps. butter, season with salt, pepper, cayenne. Add 1 tbsp. of lemon juice and 1 tsp. finely minced parsley. (160 Easy-to-Prepare Seafood Recipes)

#### Mackerel Salad

Mix 2 cups cooked, flaked mackerel with 1 cup diced celery. Season to taste. Beat 2 tbsps. chopped pickle into 1/2 cup mayonnaise. Add this to fish. Chill 1 hour. Serve on lettuce with sliced tomato. (160 Easy-to-Prepare Seafood Recipes)

### Soused Mackerel

Place fish split for broiling or fillets into baking pan. Add enough vinegar to 2/3 cover fish. Add water to cover. Cover fish with 1 small onion thinly sliced. Add 1/4 tsp. dry mustard, 1/2 tsp. salt and 2 tbsps. mixed pickling spices. Float 2 tbsps. oil on top of liquid. Bake in slow oven 1 hour. Chill in spiced liquor until next day. Garnish with water-cress. (160 Easy-to-Prepare Recipes)

### Boiled Mackerel

Clean and dress fish without splitting. Wrap in cheesecloth or parchment paper. Prepare the water for boiling as given in general fish boiling directions, i.e., boil in water, to which has been added a tsp. of salt, a tbsp. of vinegar or lemon juice, an onion, a bay leaf, a clove to each 2 quarts of liquid, for about 20 minutes. Cook until tender, but not falling apart. Remove carefully to hot platter and serve with any desired sauce.

(Choice Recipes for North Atlantic Sea Foods)

### Baked Mackerel

Clean and split large mackerel. Rub with salt and pepper. Place skin side down in greased baking pan. Pour over fish 1/2 pint of seasoned milk. Cook in hot oven until tender. Remove carefully to hot platter. Mackerel being a fat fish needs no addition of fats to make a delightful dinner dish.

(Choice Recipes for North Atlantic Sea Foods)

### Molded Mackerel

2 cups cooked mackerel,  
    flaked  
2 eggs, well beaten  
1 tsp. salt  
1 tbsp. green pepper, minced

1 tbsp. onion, grated  
1/4 tsp. pepper  
2 cups rich milk  
1 cup White Sauce, No. 4

Mix fish with the eggs. Add onion, green pepper, seasonings and milk. When thoroughly mixed place in buttered mold and set same in a pan of hot water. Bake until center is firm. Serve with White Sauce.

(Choice Recipes for North Atlantic Sea Foods)

### Mackerel Bonnefoy

Carrots, onions, leeks and celery chopped, cook in butter. Saute the mackerel in butter, then season and cover with vegetables and a little white wine, add some brown sauce and chopped tomato, then cook until tender. Sprinkle with freshly chopped parsley and serve hot.

(500 Ways to Prepare California Sea Foods)

### Planked Mackerel

1 large mackerel

Salt

Pepper

Paprika

2 Tbsps. butter

1 egg

Cucumber slices

Small tomatoes

Potatoes

Have dealer split the mackerel when cleaning it. Wipe fish with damp cloth and lay skin side down on a plank which has been heated and rubbed with butter. Sprinkle well with salt, pepper and paprika, then dot the surface with the butter. Place in hot oven, 500 degrees F. Boil the potatoes, put them through a potato ricer and season with salt, pepper and paprika. Add sufficient hot milk to mash but do not make them as soft as the ordinary mashed potato. To the quart of potatoes add the yolk of one egg. Mix well and fold in the white, which has been stiffly beaten. Arrange the potatoes around the fish in mounds or pipe a fancy border through a pastry bag and tube. Brown quickly under broiler flame. Garnish the fish with slices of cucumber which have been marinated in French dressing, then cut some small tomatoes and place at intervals around the plank. Place a whirl of mayonnaise in the center of each tomato and serve at once. Serves four.

(500 Ways to Prepare California Sea Foods)